

Iowa Department on Aging

Director Donna Harvey

**For Immediate Release:
March 7, 2012**

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Iowa Department on Aging Reminds Older Iowans and Their Families that March is National Nutrition Month

Department on Aging Encourages Everyone to Make Healthy Food Choices

(Des Moines, IA) Today, Iowa Department on Aging (IDA) Director Donna Harvey reminded Iowans that March is National Nutrition Month and the year 2012 marks the 40th anniversary of Senior Nutrition Programs of the Older Americans Act.

Director Harvey stated, "For forty years, Iowa's Nutrition Program for Older Iowans has been committed to improving the health of older Iowans, and one of the ways we do this is by providing sound nutrition information to older Iowans and their families in a way that's easy to understand and can be applied to their everyday lives."

The most recent United States Department of Agriculture (USDA) Dietary Guidelines for Americans (2010) recommends an increased focus on a plant-based diet. This combined with including lean meats, fish and poultry, and low-fat milk and dairy products creates the foundation for a healthful eating plan.

The Nutrition Program for Older Iowans provides nutritious congregate and home delivered meals helping promote good health and needed socialization for folks age 60 and older. In 2011 Iowa's Nutrition Program, through local Area Agencies on Aging, provided over 2.9 million meals to over 54,000 older Iowans.

Carlene Russell, Nutrition Program Manager for the Iowa Department on Aging, commented, "The USDA Dietary Guidelines, illustrated by **My Plate** (<http://www.choosemyplate.gov>) provides a great foundation to guiding the eating patterns of older Iowans and all citizens. "

Director Harvey concluded, "By making healthier food choices each day we can all live more vibrant, better lives no matter what our age."

For more information on Iowa's Nutrition Program for Older Iowans, go to:
<http://www.aging.iowa.gov/living/nutrition.html> or call toll-free: 1-800-532-3213.

To find out about nutrition programs available in local communities, contact Iowa's Area Agencies on Aging toll-free at: 1-866-468-7887 or log onto: > www.i4a.org<<http://www.i4a.org>> .

The mission of the Iowa Department on Aging is to develop a comprehensive, coordinated and cost-effective system of long term living and community support services that help individuals maintain health and independence in their homes and communities.
